



# Providence Heart to Start

## Half Marathon Training Program \*



Week	Monday	Tuesday	Wednesday**	Thursday	Friday	Saturday	Sunday
1	off	run 3 miles easy pace	5 minute warmup + five repeats of 1 minute run/ 2 minute walk	run 3 miles- moderate pace/ light strength training	off	30 min cross train (cycle, swim, yoga)	5 minute warmup + 6 mile moderate run
2	off	run 3 miles - easy pace	5 minute warmup + five repeats of 1 minute run/ 2 minute jog-walk	run 3.5 miles- moderate pace/ light strength training	off	35 min cross train (cycle, swim, yoga)	5 minute warmup + 6.5mile moderate run
3	off	run 3.5 miles- easy pace	5 minute warmup + five repeats of 1:30 second tempo run***/2 minute jog-walk	run 4 miles- moderate pace/ light strength training	off	40 min cross train (cycle, swim, yoga)	5 minute warmup + 7 mile moderate jog
4	off	run 3.5 miles - moderate pace	5 minute warmup + five repeats of 2 min tempo run /1:30 jog-walk	run 4.5 miles- moderate pace/ light strength training	off	45min cross train (cycle, swim, yoga)	5 minute warmup + 7.5 mile moderate jog
5	off	run 4 miles - moderate pace	5 minute warmup + five repeats of 2:30 minute run / 1:30 minute jog- walk	run 5 miles- moderate pace/ light strength training	off	50 min cross train (cycle, swim, yoga)	5 minute warmup + 7 mile moderate jog
6	off	run 4 miles - moderate pace	5 minute warmup + five repeats of 3 minute tempo/ 1 minute jog-walk	run 5 miles- moderate pace/ light strength training	off	55 min cross train (cycle, swim, yoga)	5 minute warmup + 8 mile moderate jog
7	off	run 4.5 miles - moderate pace	5 minute warmup + five repeats of 3:30 minute tempo / :30 seconds jog-walk	run 5 miles- moderate pace/ light strength training	off	60 min cross train (cycle, swim, yoga)	5 minute warmup + 8.5 mile moderate jog
8	off	run 4.5 miles - moderate pace	5 minute warmup + five repeats of 4 minute tempo / :30 seconds jog-walk	run 5 miles- moderate pace/ light strength training	off	60 min cross train (cycle, swim, yoga)	5 minute warmup + 8 mile moderate jog
9	off	run 5 miles - moderate pace	5 minute warmup + four repeats of 5 minute tempo/ 1 minute jog-walk	run 5 miles- moderate pace/ light strength training	off	60 min cross train (cycle, swim, yoga)	5 minute warmup + 9 mile moderate jog
10	off	run 5 miles - moderate pace	5 minute warmup + four repeats of 6 minute tempo/ :30 seconds jog-walk	run 5 miles- moderate pace/ light strength training	off	60 min cross train (cycle, swim, yoga)	5 minute warmup + 9.5 mile moderate jog
11	off	run 5.5 miles - moderate pace	5 minute warmup + four repeats of 7 minute tempo / :30 seconds jog-walk	run 5 miles- moderate pace/ light strength training	off	60 min cross train (cycle, swim, yoga)	5 minute warmup + 10 mile moderate jog
12	off	run 5.5 miles - moderate pace	5 minute warmup + four repeats of 8 minute tempo / :30 seconds walk	run 4 miles- moderate pace/ light strength training	off	30 min cross train (cycle, swim, yoga)	5 minute warmup + 8 mile moderate jog
13	off	run 4 miles - moderate pace	5 minute warmup + three repeats of 9 minute tempo / :30 seconds jog-walk	run 2 miles- moderate pace/ light strength training	off	off	<b>Heart Breaker half!</b>

\* Before starting the half marathon training plan you should be able to run 6 miles and have been exercising a minimum 90 minutes/week.

\*\*\* Tempo pace should be :30 faster than training pace and include one to three :10 pick-ups

Before you begin this or any exercise program you should consult your physician. All physical movement involves risk of injuries.

Proceed with caution and at your own risk.

Find training tips and motivation on: [www.hearttostart.org](http://www.hearttostart.org)